



Level 1				
	VAULT	BARS	BEAM	FLOOR
	Springboard/Trampette	Low Bar Only - 4 Skills	Max 2 lengths - 4 Skills	45 secs - 4 Skills
Example 1	Run Stretch Jump with focus on: accelerated run board lean angle arms behind on trampette/springboard good landing	Jump to Front support Cast back hip circle (2 skills) Forward circle down	Any mount Pivot turn on 2 feet 1 leg balance - HOLD 2 secs Stretch jump Tuck jump dismount	Tuck Jump rebound star jump Shoulder stand Pivot turn on 2 feet Kick towards Handstand (feet must join at / above 45º)
Example 2		Jump to Front support Cast back hip circle (2 skills) Cast to push away and land		Tuck Jump rebound straight jump half turn Backward roll Half Spin on 1 foot Kick towards Handstand (feet must join at / above 45º)

Level 2 / Bronze				
	VAULT	BARS	BEAM	FLOOR
	Stacked Mats	Low Bar Only - 5 Skills	Max 2 lengths - 5 Skills	45 secs - 5 Skills
Example 1	Handspring Flat Back (Min: 40cm - Max:120cm) Alternate Tramp Board Allowed with focus on: accelerated run board lean angle Body alignment	Circle up to front support Cast return to the bar Cast back hip circle (2 skills) Squat on jump down to land	Any mount 1/2 Spin on 1 foot Kick towards Handstand Tuck jump Round off dismount	Tuck Jump rebound Split Jump (min 60º split) Kick to Handstand (join feet in HS) no hold required 1/2 Spin on 1 foot Cartwheel
Example 2		Upstart prep swing return to stand Circle up to front support cast back hip circle (2 skills) Straddle Shoot dismount	Any mount 1/2 Spin on 1 foot Kick towards Handstand Cat leap Tuck Jump dismount	Cat leap into Split leap (min 60º split) Kick to Handstand (join feet in HS) no hold required Full spin Cartwheel



Silver				
	VAULT	BARS	BEAM	FLOOR
	On/Over Stack Mats	Low Bar Only - 5 Skills	Max 2 lengths - 5 Skills	Max 1 min - 5 Skills
Example 1	Handspring Flat Back (SV 9.50) (Min: 60cm - Max:140cm) Alternate Tramp Board Allowed with focus on: Accelerated run / speed Board lean angle Body alignment	Circle up to front support Cast above 45° from bar Cast back hip circle (2 skills) Squat on jump down to land	Any mount 1/2 Spin on 1 foot W Jump Cartwheel Round off dismount	Tuck Jump rebound W Jump Forward roll step out to Cartwheel Full Spin Round Off
Example 2	Handspring/Half On (SV 10.00) (Min: 40cm - Max:120cm) Alternate Tramp Board Allowed with focus on: Accelerated run / speed Board lean angle Body alignment	Upstart prep swing return to stand Circle up to front support cast above 45° from bar into back hip circle (2 skills) Straddle Shoot dismount	Any mount 1/2 Spin on 1 foot Tuck Jump Forward Roll Round off dismount	Cat leap into Tuck Jump Handstand forward roll into forward roll Full spin Round Off

Level 3				
	VAULT	BARS	BEAM	FLOOR
	Over Stack Mats	Low Bar OR both bars 5 Skills	Max 2 lengths - 5 Skills	Max 1 min - 5 Skills
Example 1	Handspring (Min: 60cm - Max:140cm) Alternate Tramp Board Allowed with focus on: Accelerated run / speed Board lean angle Good landing	Upstart Cast above 45° return to bar Cast into back hip circle (2 skills) Straddle Shoot Dismount	Any mount 1/2 Spin on 1 foot Split Jump (min 60° split) Cartwheel Tuck Dismount	W Jump rebound Split Jump (min 90° split) Round off Backward Roll Full Spin Backward/Forward Walkover
Example 2	Half On (Min: 60cm - Max:140cm) Alternate Tramp Board Allowed with focus on: Accelerated run / speed Board lean angle Good landing	Upstart prep swing return to stand Circle up to front support Cast into back hip circle (2 skills) Straddle Shoot Dismount	Any mount Full Spin Sissone (min 60° split) Cartwheel/Backward Walkover Round Off Dismount	Split leap (min 90° split) assemble W Jump Round off Flic Full spin Backward roll to Handstand



Level 4				
	VAULT	BARS	BEAM	FLOOR
	Over Stack Mats	Must use both bars - 5 Skills	Max 1 min - 5 Skills	Max 45 secs - 5 Skills
Example 1	Handspring or 1/2 On (Min: 60cm - Max:140cm) Alternate Tramp Board Allowed with focus on: Accelerated run / speed Board lean angle Good landing	Upstart Cast above 45º into back hip circle Squat on Tap Swing 3/4 circle round HB Undershoot dismount	Any mount 1/2 Spin on 1 foot Split Jump (min 90º split) Cartwheel Tuck Dismount	Chasse cat leap, assemble straddle jump (min 90º split) Round off Flic Full Spin Front Somi
Example 2	Yurchenko (RO BHS) (Min: 60cm - Max:140cm) with focus on: Accelerated run / speed Board lean angle Good landing	Circle up to front support Cast above 45º into back hip circle Squat on Tap Swing Long Upstart Straddle Shoot	Any mount Full Spin Split leap (min 90º split) Backward Walkover Round Off Dismount	Split Leap (min 90º split) into assemble tuck jump Round off Flic Full Spin Handspring to 1, Handspring to 2

Gold				
	VAULT	BARS	BEAM	FLOOR
	Over Table - Any Height- MAX 135cm	Must use both bars - 6 Skills	Max 1 min - 6 Skills	Max 1 min - 6 Skills
Example 1	Handspring with focus on: Accelerated run / speed Board lean angle Good landing	Upstart Cast above horizontal into back hip circle Squat on 3/4 circle round HB Undershoot dismount	Any mount Full Spin Split Jump (min 90º split) Walkover Cartwheel Tuck Dismount	Split Jump (min 120º split) rebound W Jump Round off Flic Full Spin Free Cartwheel
Example 2	Half On with focus on: Accelerated run / speed Board lean angle Good landing	Upstart Cast above horizontal return to bar Cast to pike onto bar Sole circle to catch HB Long Upstart Straddle Shoot	Any mount Full Spin Split leap (min 90º split) Cartwheel Handstand (MUST join feet at vertical) Round Off dismount	Split Leap (min 120º split) into Cat Leap Round off flic Tuck 1 1/2 Spin Front Somi



Level 5				
	VAULT	BARS	BEAM	FLOOR
	Upto Stack mats / Resi	Must use both bars - 6 Skills	Max 1 min - 6 Skills	Max 1 min - 6 Skills
Example 1	Handspring Fall to Tummy (Min: 60cm - Max:140cm) must touch feet before falling to tummy	Upstart Cast above horizontal Clear circle to above horizontal Upstart Sole Circle to catch HB Long Upstart Cast to tuck backaway	Any mount Full Spin Split Jump (min 120º split) Flic Cartwheel Tuck Dismount	Split Jump (min 120º split) rebound Straddle Jump Round off Flic Tuck Full Spin Free Cartwheel or Free Walkover
Example 2	1/2 On or Yurchenko to stand can miss feet and go to back evaluation stops when feet / back touch mat	Upstart Cast above horizontal Clear circle to above horizontal Upstart Squat on Long Upstart Cast to HS backaway	Any mount Full Spin Sissone (min 120º split) W Jump Backward Walkover Front somi dismount	Sissone (min 120º split) into Cat leap full turn Round off flic Tuck 1 1/2 Spin Handspring Front Somi

Level 6				
	VAULT	BARS	BEAM	FLOOR
	Table Vault to Stack Mats	Must use both bars - 6 Skills (1xB)	Max 1 min 15 secs - 6 Skills (1xB)	Max 1 min 15 secs - 6 Skills (1xB)
Example 1	Handspring Fall to Tummy must touch feet before falling to tummy	Upstart Cast above horizontal Clear circle to above horizontal Upstart Sole Circle to catch HB Long Upstart Cast to tuck backaway	Any mount Full Spin Split Jump (min 150º split) W jump Flic Free Round off dismount	Cat leap full assemble Split Jump (min 150º split) Round off Flic Straight 1 1/2 Spin Handspring Front Somi
Example 2	1/2 On or Yurchenko to Stand can miss feet and go to back evaluation stops when feet / back touch mat	Upstart Cast above horizontal Clear circle to above horizontal Upstart Squat on Long Upstart Cast to HS backaway	Any mount Full Spin Sissone into Split leap (min 1 x 150º split) Round off Tuck salto dismount	Sissone into Change leg leap (min 1 x 150º split) Round off flic Straight Full Spin Pike Front



Platinum				
	VAULT	BARS	BEAM	FLOOR
	Table Vault	Must use both bars 7 Skills (1xB)	Max 1 min 30 secs 7 Skills (1xB)	Max 1 min 30 secs 7 Skills (1xB)
Example 1	Any Vault from PN Vault Chart	Upstart Cast above horizontal Clear circle to above horizontal Upstart Squat on Long Upstart Cast HS into Giant Circle Straight backaway	Any mount Full Spin Split Jump into sissone (min 1 x 150º split) Flic Free Round off dismount	Cat leap full assemble Split Jump (min 150º split) Round off Straight W Jump with 1/2 turn Handspring Front Somi
Example 2	Any Vault from PN Vault Chart	Upstart Squat on Long Upstart Cast HS Giant Circle Toe on to HS Straight backaway	Any mount Full wolf Spin Sissone into Split leap (min 1 x 150º split) Forward walkover Cartwheel Tuck back dismount	Sissone into Change leg leap (min 1 x 150º split) Round off flic Tuck Split Jump 1/2 Handspring Pike Front

Level 7				
	VAULT	BARS	BEAM	FLOOR
	Table Vault to Stack mats	Must use both bars - 7 Skills (2xB)	Max 1 min 15 secs - 7 Skills (2xB)	Max 1 min 30 secs - 7 Skills (2xB)
Example 1	Handspring fall to tummy must touch feet	Upstart Squat On Long Upstart Cast to HS Giant Toe On Giant Backaway	Any mount Full Spin Split Jump (min 180º split) W jump Walkover Flic Round off Tuck Salto dismount	Cat leap full assemble Split Jump (min 180º split) Round off Flic Straight Pike Jump Handspring Front Somi
Example 2	1/2 On or Yurchenko to stand Can miss feet and go to back evaluation stops when feet / back touch mat	Upstart HS Sole Circle Long Upstart Cast to HS Clear to HS Giant Backaway	Any mount Full Spin Straddle Jump (min 1 x 180º split) Pike Jump Forward Walkover to Cartwheel Round off Straight dismount	Change leg leap (min 180º split) into Side leap Round off flic Tuck Double Spin Handspring Straight front



Level 8				
	VAULT	BARS	BEAM	FLOOR
	Table Vault	Must use both bars - 8 Skills (4xB)	Max 1 min 30 secs - 8 Skills (4xB)	Max 1 min 30 secs - 8 Skills (4xB)
Example 1	Any Vault from L8 Vault Chart	Upstart Cast to HS with 1/2 turn Clear to HS Sole Circle Long Upstart Cast to HS Giant Shoot Front Dismount	Any mount Minimum full turn on 1 foot Split Jump (min 180º split) into W jump Walkover Flic Round off Tuck dismount	Change leg Side into Straddle Jump (min 1 x 180º split) Round off Flic Full twist Double Spin OR W Jump full Straight front punch front
Example 2	Any Vault from L8 Vault Chart	Upstart Cast to HS Mo Shoot Upstart Cast to HS Giant Circle Toe On to HS backaway	Any mount Minimum full turn on 1 foot Change leg into sissone (min 1 x 180º split) Flic to 1, Flic to 2 OR Flic Layout Gainer salto dismount (from end of beam)	Change leg into Tour jete 1/2 Round off flic Straight Change leg 1/2 Handspring Straight front full twist

Diamond				
	VAULT	BARS	BEAM	FLOOR
	Table Vault	Must use both bars - 7 Skills (2xB)	Max 1 min 30 secs - 7 Skills (2xB)	Max 1 min 30 secs - 7 Skills (2xB)
Example 1	Any Vault from DN Vault Chart	Upstart Squat On Long Upstart HS Clear circle to above horizontal Clear to HS Giant Straight backaway	Any mount Minimum full turn on 1 foot Split Jump into sissone (min 1 x 180º split) Double Flic Round off Straight salto dismount	Cat leap full assemble Split Jump (min 180º split) Round off flic Full Twist Change leg leap Handspring Straight Front
Example 2	Any Vault from DN Vault Chart	Upstart HS Toe On Sole Circle Long Upstart Cast HS Giant Circle Shoot Front Dismount	Any mount Minimum full turn on 1 foot Cat leap into Change leg (min 1 x 180º split) Flic Tuck Gainer Tuck salto dismount	Change leg into Johnson leap Front somi step out to RO Full Twist Split Jump 1/2 OR Tuck Jump full RO flic Double Tuck